Standardized Recipe Form

Recipe Name: __Blueberry Corn Muffins__   Category __Breads__   Recipe #_____

                                                                    (i.e., entrée, breads)

Process: ____2_____   (1= No cook; 2= Cook and same day serve; 3= Cook, cool, reheat, serve; 4= SOP controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include *step-by-step instructions*, the *critical control points (CCP)* (specific points at which a hazard can be reduced, eliminated or prevented) and *critical limit* (time and/or temperature that must be achieved to control a hazard).
	50	100	
USDA All Purpose Flour* Granulated sugar Brown sugar Butter, softened Eggs, fresh large Cornmeal Baking Powder Salt Nutmeg, ground 2% Milk (Local) Frozen wild blueberries*	1 lb + 4 oz 7.5 oz 6.75 oz 8 oz 4 12 oz 1 Tbsp + 2 ½ tsp 1 tsp 1 tsp 2 cups + 1 Tbsp 4 cups	2 ½ lbs 15 oz 13 ½ oz 1 lb 8 large 1 ½ lb 3 Tbsp + 2 tsp 2 tsp 2 tsp 1 qt + 1/8 cup 2 qts	In a mixing bowl, cream butter and sugars. Add egg, mix well. Combine the flour, cornmeal, baking powder, salt and nutmeg: add to creamed mixture alternately with milk just until moistened. Fold in Blueberries. Coat muffin cups with non-stick cooking spray and use paper liners. Fill 2/3rds with batter. Bake at 350 in convection oven for 16 to 18 minutes or until toothpick comes out clean. Cool for 5 minutes before removing from pan.

Serving Size __1 muffin__   Pan Size_____

Yield_____   Number of Pans _____

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	375	22
Convection	350	16-18

Meal Pattern (Based on Serving Size): _____

_____   Meat/Meat Alternative

_____   Fruit/Vegetable

__1_____   Grains/Breads

If available, **Nutrition Analysis:**   **Serving Size**:_____

148 Calories   2.63 Saturated Fat (g) 0.3 Vitamin C (mg)

2.60 Protein (g)   139 Sodium (mg)   172.3 Vitamin A (IU)

4.61 Total Fat (g) 0.93 Fiber (g)   51.3 Calcium (mg)

28.1 % Calories from Total Fat   1.01 Iron (mg)

This recipe is from Kathy Hudson at Ophir School in Gallatin Gateway, Montana.